

日本福祉大学大学院

スポーツ科学研究科 スポーツ科学専攻 修士課程

2026年度 第2期入学試験問題

【英語（一般入試）】

問題は2問あります。

すべての問題に解答してください。

解答用紙には、問題番号を記入し解答して下さい。

すべての解答用紙に受験番号および氏名を記入してください。

※辞書持込み可（電子辞書不可）

問1 以下の英文を訳しなさい。

Over the past few decades, sport has grown very rapidly in terms of social importance and prominence. In economic terms, the ‘sport industry’ has mushroomed^{*1}, particularly as leading professional sport leagues and competitions sell television rights to their events for increasingly prodigious sums. Politically, leading sport officials mingle more frequently among political elites^{*2}, while cities and nations seek to market and ‘brand’ themselves through hosting sport teams and events. In cultural terms, sport has been a key driver in the fast expansion of the mass media, particularly subscription television services at national and transnational levels. And socially, sport dominates much of everyday public discourse^{*3} and anchors many of our social identities.

語注：

*1 mushroomed：急拡大した（比喩的に「キノコのように広がる」の意味）

*2 political elites：権力を持つ指導者層

*3 public discourse：社会で交われされる議論や会話

出典：Routledge Handbook of the Sociology of Sport

問2 以下の英文を訳しなさい。

Every training session should consist of three components: (1) warm-up, (2) workout, and (3) cool down. The warm-up prior to a training workout has two primary objectives. First, warm-up exercises increase cardiac and blood flow to the skeletal muscles to be used during the training session. Second, the warm-up activity results in an increase in muscle temperature, which elevates muscle enzyme activity. The duration of the warm-up is generally from 10 to 20 minutes, depending on environmental conditions and the nature of the training activity. Although limited data exist, a recent review concludes that a proper warm-up may reduce the possibility of muscle injury due to pulls or strains and may also improve physical performance. Nonetheless, additional research is needed to definitively demonstrate whether a warm-up can deter exercise-induced injuries.

出典

Exercise Physiology (Eleventh Edition) Theory and Application to Fitness and Performance: ***S.K. Powers, E.T. Howley, J. Quindry.***